

Stretching Assignment PSE 4U

Name of Sport

Muscle Group Acted Upon

Diagram

Rationale i.e. type of movement/injury prevention

Clear Outline for Instruction i.e. length of time

Clarity of Class Presentation

Nt: Any photocopying needed I must have 1 day in advance

Sep 26-2:26 PM

Tuesday October 2nd	Cody Crane
Wednesday October 3rd	Jessica B
Thursday October 4th	Sarah V
Friday October 5th	Steph D
Wednesday October 9th	Joe ab L
Thursday October 10th	Kelly S
Friday October 11th	Steph M
Monday October 15th	Kevin Neville
Tuesday October 16th	Justin L
Wednesday October 17th	Haley H
Thursday October 18th	Cass
Friday October 19st	Kennedy
Monday October 22nd	Mikayla
Tuesday October 23rd	Cassie R
Wednesday October 24th	Ryan
Thursday October 25th	Ashley
Friday October 26th	Evan
	Cavan M
Monday October 29th	Bronx
Tuesday October 30th	Jonah
Wednesday October 31st	Dylan R
Thursday November 1st	
Friday November 2nd	
Monday November 5th	

Sep 26-2:31 PM